

S	O	B	E	R
Walked away from an argument	Celebrated a recovery milestone this past week	Has finished Step Nine	Resentments	Is reconnecting with themselves
Has encouraged someone	Tried something new	Meditation	Has a healthy coping skill	Stayed sober during a difficult day
Working on better communication	Has a sponsor	FREE	Journalled	Has rebuilt a relationship
Has attended a support group before	Has recovery support person	Said "no" to someone unhealthy	High risk situation	Positive coping strategies
Self-help support group	Has reached out instead of using	Has overcome a difficult challenge	Is working on trusting others	Has asked for help

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Journalled	Is reconnecting with themselves	Has a sponsor	Stayed sober during a difficult day	Has asked for help
Said "no" to someone unhealthy	Has rebuilt a relationship	Has recovery support person	Tried something new	Has a healthy coping skill
Working on better communication	Resentments	FREE	Is working on trusting others	Has encouraged someone
Has finished Step Nine	Meditation	Self-help support group	Has attended a support group before	Positive coping strategies
Celebrated a recovery milestone this past week	Walked away from an argument	Working on self-care	Has fewer than 90 days clean/sober	Has overcome a difficult challenge

S	O	B	E	R
Journalled	Has encouraged someone	Positive coping strategies	Has fewer than 90 days clean/sober	Has a healthy coping skill
Celebrated a recovery milestone this past week	Working on self-care	Has finished Step Nine	Working on better communication	Has attended a support group before
Tried something new	Self-help support group	FREE	High risk situation	Resentments
Has asked for help	Is working on trusting others	Has recovery support person	Has rebuilt a relationship	Has a sponsor
Stayed sober during a difficult day	Is reconnecting with themselves	Has overcome a difficult challenge	Meditation	Walked away from an argument